



Chenrezig
Guru Yoga

Prayer of Refuge

From now until the heart of enlightenment is reached,
I and all sentient beings as limitless as space,
Go for refuge to the glorious, supreme Lamas.
We go for refuge to the Yidams, deities of the mandala.
We go for refuge to the Buddhas, transcendent conquerors.
We go for refuge to the sublime Dharma.
We go for refuge to the noble Sangha.
We go for refuge to the dakas, dakinis, guardians, and the Dharma
protectors
Who are endowed with the vision of pristine wisdom.
(repeat three times)

*DAG DANG DRO WA NAM KHAI TA DANG NYAM PAI
SEM CHEN TAM CHE
DU DI NE ZUNG TE JI SI JANG CHUB NYING PO LA
CHI KYI BAR DU
PAL DEN LAMA DAM PA NAM LA KYAB SU CHIO
YIDAM KYIL KHOR GYI LHA TSOK NAM LA KYAB SU CHIO
SANG GYE CHOM DEN DE NAM LA KYAB SU CHIO
DAM PAY CHÖ NAM LA KYAB SU CHIO
PAK PAI GEN DUN NAM LA KYAB SU CHIO
PA WO KHAN DRO CHÖ KYONG SUNG MAI TSOK YE SHI KYI
CHEN DANG DEN PA NAM LA KYAB SU CHIO*

Prayer of Refuge and Bodhicitta

I take refuge until I am enlightened
In the Buddhas, the Dharma and the Sangha
Through the merit I create by practicing giving and the other
perfections
May I attain Buddhahood for the sake of all sentient beings.

*SANG GYAY CHO DANG TSOG KYI CHOG NAM LA
JANG CHUB BAR DU DAG NI KYAB SU CHI
DAG GI JIN SOG GYI PAY SO NAM GYI
DRO LA PEN CHIR SANG GYAY DRUB BAR SHOG*

Visualization of the Deity



Hri

Crowning the heads of all beings throughout space,
Chenrezig appears from HRI
Upon a white lotus and full moon seat.
Five coloured light rays shine from his clear white body.
He is smiling and watching with compassionate eyes.
Of his four hands, the first pair are joined,
the other right hand holds a crystal rosary and the left a white lotus.
He is adorned with silks and precious jewels,
And a deer skin over his shoulder.
Buddha Amitabha crowns his head.
He sits with legs in vajra position, a stainless moon as his backrest.
He is the essence of the union of all refuges.

*DAK SOK KHA KHYAB SEM CHEN GYI
CHI TSUK PE KAR DA WAI TENG
HRI LE PAK CHOK CHEN RE ZIG
KAR SAL Ö ZER NGA DEN TRO
DZE DZUM TUK JEI CHEN GYI ZIK
CHAK SHI DANG PO TAL JAR DZE
OK NYI SHEL TRENG PE KAR NAM
DAR DANG RIN CHEN GYEN GYI TRE
RI DAK PAK PAI TÖ YOK SÖL
Ö PAK ME PAI U GYEN CHEN
ZHAP NYI DOR JE KYIL TRUNG ZHUK
DRI ME DA WAR GYAB TEN PA
KYAB NE KUN DU NGO WORK GYUR*

Praises to Chenrezig

Oh Lord of whitest form, not sullied by faults
Crowned by the perfect Buddha,
Viewing all beings with compassionate eyes,
To you Chenrezig, I bow.

*JO WO KYÖN GYI MA GÖ KU DOK KAR
DZOK GANG GYE KYI U LA GYEN
TUK JAY CHEN GYI DRO LA ZIK
CHEN RE ZIG LA CHAK TSAL LO*

Seven-Limb Prayer

I prostrate with faith to the Noble and Powerful Chenrezig,
And to all the Buddhas together with your spiritual heirs
Residing in the ten directions and three times.
Flowers, incense, lights, perfumes, food, music, and much else,
All that I own, treasure, and can conceive of I offer –
Noble assembly, please accept these.
I confess all my negative actions, including the ten non-virtuous deeds
And five actions of immediate consequence,
That I have committed since beginningless time until now
With a mind overpowered by affliction.
I rejoice in any merit that accumulates
Throughout the three times due to the virtuous acts
Of hearers, solitary realizers, bodhisattvas, ordinary beings and others.
I beseech you to turn the wheel of Dharma
of the Common, Foundational and Vast Vehicles
According to the abilities and temperaments of every sentient being.
I implore you not to pass into nirvana as long as samsara is not empty;
Look with compassion on all sentient beings drowning in this ocean of
suffering.
May whatever merit I accumulate become a cause for enlightenment
for all.
May I quickly become a glorious guide for beings.

PAK PA CHEN RE ZIG WANG DANG
CHOK CHU DÜ SUM ZHUG PA YI
GYAL WA SE CHE TAM CHE LA
KUN NAY DANG WE CHAK TSAL LO
ME TOK DUK PÖ MAR ME DRI
ZHAL ZE ROL MO LA SOK PA
NGÖ JOR YI KYI TRUL NE BUL
PAK PAI TSOK KYI ZHE SU SÖL
TOK MA ME NE DA TAY BAR
MI GE CHU DANG TSAM ME NGA
SEM NI NYÖN MONG WANG GYUR PAI
DIK PA TAM CHE SHAK PAR GYI
NYEN TÖ RANG GYAL JANG CHUB SEM
SO SO KYI WO LA SOK PE
DÜ SUM GE WA CHI SAK PAI
SO NAM LA NI DAG YI RANG
SEM CHEN NAM KYI SAM PA DANG
LO YI JE DRAK JI TA WAR
CHE CHUNG TÜN MONG TEK PA YI
CHÖ KYI KHOR LO KOR DU SÖL
KHOR WA JI SI MA TONG BAR
NYA NGEN MIN DA TUK JE YI
DUK NGAL GYAM TSOR JING WA YI
SEM CHEN NAM LA ZIG SU SÖL
DAG GI SÖ NAM CHI SAK PA
TAM CHE JANG CHUB GYUR GYUR NE
RING POR MI TOK DRO WA YI
DREN PAI PAL DU DAG GYUR CHIK.

Request

I pray to you, Lama Chenrezig.
I pray to you, Yidam Chenrezig.
I pray to you, great, noble Chenrezig.
I pray to you, supreme protector Chenrezig.
I pray to you, lord of love, Chenrezig.
Great compassionate victor, embrace us with compassion.
Lord protector, there is no other refuge than you
In the innumerable beings wandering endlessly within samsara,
Experiencing unbearable suffering.
Bestow the blessing of omniscient Buddhahood.

*SÖL WA DEB SO LA MA CHEN RE ZIG
SÖL WA DEB SO YI DAM CHEN RE ZIG
SÖL WA DEB SO PAK CHOK CHEN RE ZIG
SÖL WA DEB SO KYAB GÖN CHEN RE ZIG
SÖL WA DEB SO JAM GÖN CHEN RE ZIG
TUK JEY ZUNG SHIK GYAL WA TUG JE CHEN
TA ME KHOR WAR DRANG ME KHYAM GYUR CHING
ZÖ ME DUK NGAL NYÖNG WAI DRO WA LA
GÖN PO KHYE LE KYAB ZHEN MA CHI SO
NAM KHYEN SANG GYE TOB PAR JIN GYI LOB*

Visualization

Praying intently, light emanates from Chenrezig's noble form
And purifies all manifestations of impure karma and confusion. The
place becomes Dewachen.
The body, speech, and mind of all beings
Becomes Chenrezig's appearance, sound, and thought inseparable
from emptiness.

*DE TAR TSE CHIK SÖL TAP PE
PAK PAI KU LE Ö ZER TRÖ
MA DAK LE NANG TRUL SHE JANG
CHI NÖ DE WA CHEN GYI SHING
NANG CHÜ KYEN DROI LU NGAK SEM
CHEN RE ZIG WANG KU SUNG TUK
NANG DRAK RIK TONG YER ME GYUR*

Mantra



OM MANI PADME HUNG

(Repeat the mantra at least 21 or 100 times)

Meaning of the Mantra

OM MANI PADME HUNG contains all the teachings of the Buddha, as well as all the antidotes for all delusions and imprints of delusions. Each syllable has profound meaning and offers tremendous blessings. This is one of the most important mantras in the Land of Snow (Tibet).

OM contains the body, speech and mind

MANI is the jewel

PADME is the lotus

HUNG is the essence of compassion

This means “Buddha who holds the jewel and the lotus protect me”

OM is the antidote of ignorance

MA is the antidote of hatred

NI is the antidote of miserliness

PAD is the antidote of attachment

ME is the antidote of jealousy

HUNG is the antidote of negative pride

This means the mantra is the antidote of the six delusions

Homage to Chenrezig

Avalokiteshvara, Buddha of Compassion,
And entourage hear my prayer.
Liberate me and all sentient beings of the six realms
Quickly from the Ocean of Samsara.
May the supreme jewel Bodhicitta and profound wisdom
Be quickly generated within us.
All collective karma and mental afflictions since beginningless time
Are purified by your kind and compassionate hands.
Please extend your compassionate hands to me and all sentient beings
And guide us to the land of Sukhavati (Land of Great Bliss)!
Buddha Amitabha and Avalokiteshvara,
Please remain our spiritual teachers for many lifetimes,
Since you have shown me and all sentient beings the true path,
That quickly leads us to Enlightenment.

*PAG BA CHEN RE ZIG WANG TUK JAY TER
KOR DANG CHE PA DAG LA GONG SU SOL
DAG DANG PA MA RIK TUK SEM CHEN NAM
MYUR DU KHOR VAY TSO LE DEL DU SOL
SAB CHING GYA CHE LA MAY JANG CHUP SEM
MYUR DU GYUE LA KYE VAR ZE DU SOL
TOG MAY NE SAG LE DANG NYON MONG NAM
TUK JAY CHAB KYI MYUR DU DAG ZAY NAY
TUK JAY CHAG KYANG DAG DANG DRO WA NAM
DE WA CHEN GYI SHING DU TANG DU SOL
O PAK MAY DANG CHEN RE ZIG WANG GI
TSE RAP KUN TU GE VAY SHE ZAY NAY
MA NOR LAM ZANG LEG PAR TEN ZAY NAY
MYUR DU SANG GYE SA LA SHAG TU SOL*

Prayer of Bodhicitta and Dedication of Merit

May the supreme jewel bodhicitta
That has not arisen arise and grow,
And may that which has arisen not diminish,
But increase more and more.

JANG CHUB SEM CHOG RIN PO CHE
MA KYE PA NAM KYE GYUR CHIG
KYE PA NAM PA MAY PA YANG
GONG NAY GONG DU PEL WAR SHOG

Through this virtuous action
May I quickly attain the state of Chenrezig
And lead every being without exception
Into that pure world.

GEWA DE YI NYUR DU DAG
CHEN RE ZIG WANG DRUB GYUR NAY
DRO WA CHIG KYANG MA LU PA
DE YI SA LA GO PAR SHOG

“There are many lengths of guru yogas and practices of Chenrezig and this booklet contains the essential elements from a variety of practices and yogas. I selected key elements to create a practice that will be easy and meaningful. I hope this will be beneficial for all living beings,” Lama Losang Samten.